

Newslines

The Newsletter of the Cambridge Council on Aging 806 Massachusetts Ave., Cambridge, MA 02139 Office 617.349.6220 Senior Center 617.349.6060 North Cambridge Senior Center 617.349.6320 April 2015 www.cambridgema.gov/DHSP

Dear Seniors:

Each month when the deadline approaches for this article, I look for a topic that will inspire me to write about. The day I am writing this I am feeling very nostalgic. Today is the anniversary of my grandfather's passing. It has been 22 years since my vavô passed but his lessons live on with me. His story is not any different than others' immigrant experience. Emigrated from Portugal with the hope of a better life for himself and his family. Which he always said was achieved. Being the oldest grandchild, I spent a lot of time with my grandparents. I always remember him saying: "spend time with children and older adults. Children need to be nourished and listened to. They are the future. Older people also need to be nourished and listened to. They possess the history and the wisdom." How true.

On this same day, Emma
Watkins and I attended Building

Age-Friendly Communities:
The Summit. Hundreds of
providers attended this summit
and were all inspired by one of
the messages: when looking
at community, what is good
for seniors is good for all in
the community. We all benefit
from better population health;
accessibility; livable streets,

etc. It was great to hear the panel lead a discussion about what is needed for communities to make their city a better place for all citizens to be able to grow, thrive and contribute.

Also discussed was that older adults are able to keep engaged, connected, active and fulfilled by volunteering. I see this every day in both our Centers. We have countless volunteers who donate so much of their time and energy to our programs. So many of which would not happen without their assist. WE THANK YOU! As I think about the comment my grandfather said about needing to nourish, I know now the reference was not to food. The

need to nourish is finding connection through activities that will nourish the mind, body and soul.

Important for all ages.

Warm Regards, Susan P. Pacheco

INFORMATION & REFERRAL

Are your possessions taking over your home? Tuesday, April 21st 1:30 - 3:00 pm

Join us for a talk by Marnie McDonald, MSW, LCSW, of North Shore Elder Services. Marnie has been running support groups on the North Shore that have proven to be very effective in helping people deal with the clutter in their homes. With the support of folks with similar problems and the help of a facilitator, the group members have made progress not only in dealing with clutter but also in understanding themselves and their motivations better.

There will be two short video interviews with members of the groups who will tell us a little bit about their experience. Support groups have been proven to be one of the most effective means of helping people work on their home environments. Following Marnie's talk there will be an opportunity to ask questions.

Using the example of the North Shore De-Clutterers' Group, we are planning to start our own group here at the Cambridge Senior Center. We are looking for individuals who are interested on working on this problem. The group would require a time commitment of seven meetings of 1 ½ hours each. If you are interested in participating please contact Liz Seelman, Outreach Case Manager at the Cambridge Council on Aging, at: 617-349-6220 or eseelman@cambridgema.gov.

The MBTA will offer a day of free rides on all of its services on April 24th as a thank you to commuters that endured delays and cancellations during this record breaking winter



Lives Worth Living

A documentary film about the disability rights movement Monday, April 24th 5:30pm – 7:15pm

Lives Worth Living is a documentary about the history of the disability rights movement in the United States. This one hour film originally aired on PBS's award-winning weekly series Independent Lens.

he screening will be followed by a discussion facilitated by Michael Muehe, Executive Director, Cambridge Commission for Persons with Disabilities.

Light refreshments will be provided RSVP appreciated. Please contact: Vincent McCarthy (vmccarthy@cambridgema.gov) 617-349-6220



April 2015 Happenings at the Citywide Senior Center

Reading of Literary Classics

Wednesday, April 1 10:30-11:30

April is Poetry Month! "Poetry is when an emotion has found its thought and the thought has found words."

- Robert Frost Please join the literature group for the poetry readings of Shakespeare, Pablo Neruda, John Masefield, Henry Wadsworth Longfellow, Robert Frost and many more! Reading of Literary Classics will meet every Wednesday, in Arts and Crafts room 208.

Senior 8 Ball League Schedule for April

Thursday April 2, Lexington at Cambridge Thursday, April 9, Cambridge at Arlington Thursday, April 16, Needham at Cambridge Thursday, April 23, Waltham at Cambridge Thursday, April 30, Newton at Cambridge All games start at 11:00 am For more information call 617-349-6060.

First Thursday Writing Class

Thursday, April 2, 1:00-2:00 New members are welcomed. The group meets in the Senior Center's dining room. Want to write but can't get started. Come and join this group.

Health & Wellness Presentation

Tuesday, April 7, 1:15-2:15

Students and Faculty (FASCO) from MASS College of Pharmacy will lecture on Heart Health this month. The main focus will be how to manage your life for heart healthy living. Lecture will touch on what heart disease is, what are some risk factors for heart disease, discuss signs and symptoms of a heart attack, preventive methods, and some heart medications you may be taking.

Musical Concert by the Powers Music School

Thursday, April 9, 1:00-2:30

Title: Powers Brass Department Presents... Musicians: Spencer Aston, trumpet; Wesley Hopper, Trombone, and Sarah Sutherland, French horn.

Pre-Retirement Seminar

Saturday, April 11, 9:00 – 2:00

Thinking about retiring but don't know where to start? We will have the experts here to let you know what questions you need to be asking. We will have Attorney Neal Winston, Curtis Jones, AVP, East Cambridge Financial Services Financial Advisor, Infinex Investments, as well as SHINE (Serving Health Insurance needs of Everyone) Counselors to help you get the answers to your questions. This is a free service to persons 55 and older. Space is limited, registration is required. Please contact Emma Watkins 617-349-6060 or ewatkins@cambridgema.gov.

Cell Phone & Wireless Q & A

Monday, April 13, 10:00-12:00

Do you have questions about how to use your smart phone or any of your wireless devices? Drop in and get your questions answered. Patrick Williams from the Consumer's Council will be here to assist with questions.

Red Sox Opening Day Party and Dinner

Monday, April 13, 3:00-5:30

Come watch the game and stay for dinner. Cost: \$2.50

April Men's Group

Tuesday, April 14th 10:00 -12:00

The Hustler, with Jackie Gleason and Paul Newman.

Lunch will be served following the movie.

Registration required by Monday, April 6th @ 2pm

Tuesday, April 28th 11:30-2:00

Trip to Flatbread Pizza in Somerville (Sacco's Bowl Haven) We will leave as a group and take public transportation. \$5 per person. Space is limited and registration required by Thursday, April 16th. Please contact Vincent McCarthy 617-349-6220 or vmccarthy@cambridgema.gov.

Mysteries of the Cosmos

Thursday, April 16, 1:30-2:30

Title: News from Ancient Observers

Since time immemorial, people have been fascinated by the sky, and many cultures around the world have been keeping drawn or written accounts of various astronomical phenomena for thousands of years. Acquired with rather crude instruments and oftentimes just the naked eye, these ancient records not only tell us what our ancestors have once seen, but also provide valuable data for contemporary research in astronomy.

Volunteer Appreciation Luncheon

Thursday, April 23, 12:30-2:00

The Council on Aging and Senior Center will take this opportunity to say "Thank You" to our valued volunteers. This program is by invitation ONLY!

Cooking Class

Wednesday, April 29, 1:00-2:00

Come sample and enjoy some home-style authentic Latin

food. Cost: \$2.00

Corey Pilz, from the MA Department of Telecommunications and Cable

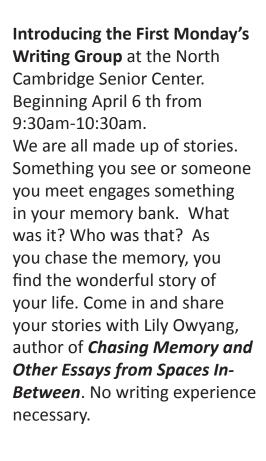
Thursday, April 30, 1:00-2:30

Are you having trouble reading your cable or telephone bill? Do you want to know what the federal/state Lifeline program is and who qualifies for it? Please join Corey Pilz from the Consumer Division of the Mass. Depart. of Telecommunications and Cable.

SPECIAL EVENTS & ACTIVITES AT NORTH CAMBRIDGE

Please note – Trips and Walking-Club are subject to weather. Course & Program cancellations are posted at the reception desk as soon as possible. All trip sign up & special event registrations begin at Open Forum

Are you interested in learning how to play Bridge or Whist? Please stop by the North Cambridge Senior Center on Friday's between 11:00am-11:30am for free lessons.





Please join us for a

Presentation on Vitamins and
Supplements on Tuesday April
28th from 11:30am-12:30pm
given by the North Cambridge
Walgreens Pharmacy Team.
We will learn how vitamins and
supplements can be beneficial
to your health. You will
have the opportunity to ask
questions to a pharmacy
team member. Registration is
required and
refreshments will be served.

For more information, please contact Alicia Johnson at 617-349-6320 or aliciaj@cambridgema.gov.

*NEWSLINES SUBCRIPTION FORM *If you would like to have the Newslines mailed to your home: Send a check or money order for \$6.00 made out to the Cambridge Council on Aging, 806 Masschusetts Avenue Cambridge, MA 02139 Attn: Cambridge Council on Aging Name:					
Address:					
City:	State:	Zip Code			
Phone number ()					

North Cambridge Senior Center Daily Events at Our Center April 2015

Lunch Served Monday - Friday 11:30am - 12:15pm Reservations Required \$2.00 Donation

Monday Wednesday Thu

Monday	Tuesday	Wednesday	Thursday F	riday
Walking Club 10:00 - 12:00 Please call by 9:00 am to confirm Spanish Class 11:00 - 12:00 Bingo 1:00 -3:00	Strength Building 9:30am-10:30am Needle Crafts 1:00 - 3:00	Intro to Meditation 9:00 – 10:00 Arm Chair Exercise 10:30-11:30 WOW 12:30-2:00	Watercolors 9:30-11:00 Dancing for Balance 1:30- 2:30 Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 Whist or Bridge Lessons Whist 12:30-3:30
		1 April Fool's Day	2	3 Whist or Bridge Lessons 11:00-11:30am
6 Open Forum 12:15pm-1:15pm Writing Group 9:30am-10:30am	7 Calling all experienced or novice Crafters! The Needle crafts group Meets weekly at 1:00pm, Please stop by.	8 Birthday Tea 2:30pm	9 Somerville High Day of Beauty 8:45am -1:00pm Registration is required Cost is \$2.00 for transportation Safety Awareness 12:00pm-1:00pm	10 Whist or Bridge Lessons 11:00am-11:30am
13	14 Volunteer Recognition Luncheon 12:00pm-2:00pm By Invitation Only	15 Movie Showcase 2:30pm The Theory Of Everything Popcorn and Soda will be served	16	17 Whist or Bridge Lessons 11:00am-11:30am
20 Center Closed Patriots Day	21	22 Earth Day's 45th Anniversary Blood Pressure Screening 12:15pm-1:00pm	23 Day Trip to the North Shore Mall and lunch at the Cheesecake Factory 10:00am- 3:00pm Cost is \$2.00 for transportation Lunch is on your own	24 Whist or Bridge Lessons 11:00am-11:30am
27 Clase Espanola Gratis Free Spanish Class Every Monday starting At 11:00am	28 Vitamins & Supplements presented by the North Cambridge Walgreens Pharmacy Team 11:30am-12:30pm Registration is Required Refreshments will be served	29	30 Dancing for Balance cancelled	

April 2015 DAILY EVENTS AT CAMBRIDGE CITYWIDE SENIOR CENTER

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. Lunch: Reservations Required. Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m.

Monday	Tuesday	Wednesday	Thurday	Friday	Saturday
Qi Gong 9:00-10:00	ESOL II 9:30-10:30	Chinese Folk Dancing 8:30 -9:30	Grandet An Aksion 9:00-2:00	Qi Gong 9:00-10:00	Breakfast
Computer Lab 9:00- 12:00	Computer Lab 9:00 – 12:00	Chinese EOSL 8:30 – 9:30	Computer Lab 9:00-12:00	Computer Lab 9:00 – 2:00	8:30 – 9:30
Movie 1:00-3:00	(Limited open lab access)	Computer Lab 9:00 – 3:00	Ceramics 9:30-12:00	ESOL Chinese	Computer Lab
Ballroom Dance 1:00-3:00	Chair Yoga 10:00-11:00	ESOL (CLC) 9:30-11:00	Meditation with Catherine 9:00-9:45	9:00-10:30	9:30-11:15
Computer Lab 1:00-4:00	Latino Elders 10:00-11:30	Chinese Singers 9:30-11:30	Exercise Class 10:00-11:00	Pottery Open Art Class 9:00-11:30	Chair Yoga 10:00-11:00
Bingo 1:30-3:00	Women's Club 11:00-12:00	Better Balance 10:00-10:50	Food Pantry 12:00-2:00	Simplified Qi Gong	Lunch 11:30 –12:15
Painting 1:00-3:00	ESOL IV 10:30-12:00	Reading of Literary Classics	Computer Lab 1:00-4:30	Tai Chi 10:00-11:00	Reservations required for lunch
Dinner 5:00-6:00	Computer Lab 1:00-4:00	10:30-11:30			
(Reservation Required)	Classic Movie 1:00-3:15	Tai Chi Level I 11:00-12:00			
Line Dancing 6:00-7:00	Bingo 1:30-3:00	Crafts & Social Group 1:00-3:00	*Deadline for Monday Night Dinner	**Council on Aging closes at 12:00 pm.	***Senior Center Closes at 1:00 pm.
Spanish 6:30-7:45	Food Pantry 2:00-4:00	Bingo 1:30 – 3:00	& Transportation Reservations is	Senior Center closes at 3:00 pm.	
		Tai Chi Level II 2:00-3:15	Thursday at 2:00 pm.		

SPECIAL EVENTS & ACTIVITES AT OUR CENTER

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

J	·	1 Reading of Literary Classics 10:30-11:30 (No Better Balance) (No Tai Chi)	2 Senior 8 Ball League 11:00 Lexington at Cambridge Town Meeting 12:00-1:00 Birthday Party & Easter Egg Coloring 1:00-2:00 First Thursday Writing Class 1:00 – 2:00	3	4
6	7 Men's Group 10:00-12:00. Health & Wellness Presentation 1:15 – 2:15 MASS College of Pharmacy (FASCO) Topic: Heart Health	8 Reading of Literary Classics 10:30-11:30 Blood Pressure 12:30-1:00 Public Health Nurses Jewelry Class 1:30-3:00 (No Better Balance) (No Tai Chi)	9 Senior 8 Ball League 11:00 Cambridge at Arlington Musical Concert by The Powers Music School 1:00-2:30 Musical presentation by Powers Brass Department	10 Brunch 8:30-11:00	11 Pre-Retirement Seminar 9:00-2:00 To register call 617-349-6060 or email ewatkins@cambridgema.gov
Cell Phone & Wireless Q & A Drop-in hours 10:00-12:00 Red Sox Opening Day Party and Dinner 3:00 – 5:30 Cost: \$2.50 (Free peanuts, popcorn and crackerjacks provided.)	14 Senior Safety 12:30-1:00 Big Screen Movie 12:45 – 3:00 Movie: Million Dollar Arm	15 Reading of Literary Classics 10:30-11:30 (No Better Balance) (No Tai Chi)	16 Senior 8 Ball League 11:00 Needham at Cambridge Mysteries of the Cosmos Lecture 1:30-2:30 Topic: News from Ancient Observers	17 Men's and Ladies Breakfast 9:00-9:30 Reservation and ticket required Cost: Free	18
Patriots Day 8:30-1:00 Senior Center Open for Breakfast and Lunch Only	21 Peer Support As A Way To Conquer Clutter 1:30-3:00	22 Reading of Literary Classics 10:30-11:30 Jewelry Class 1:30-3:00	23 Senior 8 Ball League 11:00 Waltham at Cambridge Volunteer Appreciation Luncheon 12:30-2:00 (By invitation ONLY)	24	25
27 Dinner and Bingo 4:00-6:00 Dinner \$2.00 Bingo cards \$1.00 each	28 Men's Group 10:00-12:00 Blood Pressure 2:30-3:00 (Windsor House)	Cooking Class 1:00-2:00 Cost: \$2.00 Sample Home made Latin Food	30 Senior 8 Ball League 11:00 Newton at Cambridge Corey Pilz, from the MA Department of Telecommunications and Cable Thursday, April 30, 1:00-2:30		

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Food Pantry

Geoffrey Kotowski, Coordinator Miguel Perez Ruiz, Assistant

Week-End Activities

Gail Low, Coordinator

Facility Manager

Donn Hockman

North Cambridge Senior Center

Alicia Johnson, Director Lillian Crayton, Meal Site Director Marybeth Joyce, Assistant Margaret Murray, Receptionist

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Cambridge Council on Aging 806 Massachusetts Avenue Cambridge, MA 02139

